



Findings on Happiness & LIFE STYLE

Correlate Code: L 9

Classification of Findings		Number of Studies on this Subject
Correlate Code	Correlate Name	
L 9	LIFE STYLE	0
L 9.1	Life-style career	0
L 9.1.1	Earlier life-style	0
L 9.1.1.1	. earlier life-style behavior	0
L 9.1.1.2	. earlier satisfaction with life-style	2
L 9.1.2	Change in life-style	0
L 9.1.4	Later life-style	0
L 9.2	Current life-style	1
L 9.2.1	Current life-style pattern (life-style type)	1
L 9.2.2	Specific life-style aspects	0
L 9.3	Attitudes to one's life-style	0

Appendix 1: Happiness queries used
Appendix 2: Statistics used
Appendix 3: About the World Database of Happiness
Appendix 4: Further Findings in the World Database of Happiness
Appendix 5: Related Topics

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Erasmus University Rotterdam, 2003, Netherlands

Study	SEARS 1977A	Page in Report:	40-62/4
Reported in:	Sears, P.S. & Barbee, A.H. Career and Life satisfactions among Terman's gifted women. Chapter 3 in: 'The Stanley, J.C., George, W.C. & Solano, C.H. (eds.) The Johns Hopkins Univ.Press Publ.1977, Baltimore and London, p.28-72		
Population:	"Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72		
Sample:			
Non-Response:	Attrition in 1972: 25%		
N:	1928 N=671: 1972 N=430		

Measured Correlate

Class: . earlier satisfaction with life-style Code: L 9.1.1.2

Measurement: Ss were first asked to characterize their worklife into one of four possible patterns:
 - I have been primarily homeworker.
 - I have pushed a career most of my adult life.
 - I have pushed a career except during the period when I was raising a family.
 - I have done considerable work needed for income but I would not call it a career.

Ss were next invited to indicate which pattern they would choose now.
 Satisfaction is the correspondence between 'As it was' and 'As I now would choose'.

Assessed in 1972

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
M-PL/h/sq/v/5/b	Chi ² =+ p<.00	

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<i>Sample:</i>			
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Ss were next invited to indicate which pattern they would choose now.

Satisfaction is the correspondence between 'As it was' and 'As I now would choose'.

Assessed in 1972

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
C-ASG/h/mq/v/5/a	AoV=+ p<.00	1972 satisfaction by 1972 happiness

Study	VENTE 1996	Page in Report:	462
<i>Reported in:</i>	Ventegodt, S. Livskvalitet hos 4500 31-33 årige (The Quality Of Life of 4500 31-33-year-olds) Forskningscenter for Livskvalitet, Forskningscentrets Forlag, København 1996, ISBN 8790190068		
<i>Population:</i>	Persons born at the University Hospital in Copenhagen 1959-1961		
<i>Sample:</i>	Non-probability purposive sample (unspecified)		
<i>Non-Response:</i>	39%		
<i>N:</i>	4500		

Measured Correlate

<i>Class:</i>	Current life-style Code: L 9.2
<i>Measurement:</i>	Life style and Quality of Life 1: very unhealthy lifestyle 2: unhealthy lifestyle 3: neither healthy, nor unhealthy lifestyle 4: healthy lifestyle 5: very healthy lifestyle
<i>Measured Values:</i>	N: All:4597; %:1:1,8; 2:15,6; 3:42,0; 4:35,0; 5:5,6
<i>Error Estimates:</i>	
<i>Remarks:</i>	

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
A-AOL/m/sq/v/5/a	r=+.12 p<.00	1: Ms=6. 63 2: Ms=7. 39 3: Ms=7. 68 4: Ms=7. 96 5: Ms=8. 16
O-HL/c/sq/v/5/h	r=+.11 p<.00	1: Ms=6. 00 2: Ms=6. 65 3: Ms=7. 01 4: Ms=7. 21 5: Ms=7. 29
O-SLu/c/sq/v/5/e	r=+.12 p<.00	1: Ms=6. 24 2: Ms=7. 01 3: Ms=7. 36 4: Ms=7. 69 5: Ms=7. 69

Study	BRINK 1986B	Page in Report:	table 4
<i>Reported in:</i>	Brinkerhoff, M & Jacob, J The role of religion on Quality of Life among participants in the Back-to -the-Land Paper presented on World congress of Sociology, New Delhi, India, August 18-22 1986		
<i>Population:</i>	'back to the land' mini farmers, West USA and Canada, 1984		
<i>Sample:</i>	Non-probability purposive sample (unspecified)		
<i>Non-Response:</i>	554		
<i>N:</i>	33.8%		

Measured Correlate

Class: Current life-style pattern (life-style type) Code: L 9.2.1

Measurement: Self-rated importance of:
 -making a lot of money
 -having a lot of possessions
 -wearing the latest fashion
 -having a stylish car
 -living in a modern house

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-H?/?/sq/v/4/a	r=+.08	p<.05

Appendix 1 Queries on Happiness used in reported Studies

Happiness Query Code Full Text

A-AOL/m/sq/v/5/a	<p>Single direct question: 'How are you feeling now....?' 5 very good 4 good 3 neither good nor poor 2 poor 1 very poor</p> <p>Original text in Danish: 'Hvordan har du det for tiden? 5 meget godt 4 godt 3 hverken godt eller dårligt 2 dårligt 1 mycket dårligt</p>
C-ASG/h/mq/v/5/a	<p>Selfreport on 2 questions:</p> <p>A. "How important was each of the following goals in life in the plans you made for yourself in early adulthood?"</p> <ul style="list-style-type: none"> - occupational success - family life - friendships - richness of cultural life - total service to society. <p>1 less important to me than to most people 2 3 4 5 of prime importance to me</p> <p>B. "How succesfull have you been in the persuit of these goals?"</p> <p>1 little satisfaction in this area 2 3 4 5 had excellent fortune in this respect</p>

Computation: General Satisfaction 5 is the quotient obtained by multiplying the planned goal (early adulthood) by the reported success in attaining that goal, adding the five of these multiplied areas and dividing them by the sum of the planned goals for each of the areas.

$$\frac{Pa.Sa + Pb.Sb + Pc.Sc + Pd.Sd + Pe.Se}{Pa + Pb + Pc + Pd + Pe}$$

Pa = planned goal a (1-5)
Sa = success goal a (1-5)

M-PL/h/sq/v/5/b	<p>Selfreport on single question: following enumeration of lifegoals in six areas, the last of which was 'joy in living'</p> <p>" How successfull have you been in pursuit of that goal....?" (joy in living)</p> <p>5 had excellent fortune in this respect</p> <p>4</p> <p>3</p> <p>2</p> <p>1 found little satisfaction in this area</p>
O-H?/?/sq/v/4/a	<p>Selfreport on single question:</p> <p>Lead item not reported</p> <p>Response options:</p> <p>4 very happy</p> <p>3 quite happy</p> <p>2 not very happy</p> <p>1 not at all happy</p>
O-HL/c/sq/v/5/h	<p>Selfreport on single question</p> <p>'How happy are you now?'</p> <p>5 very happy</p> <p>4 happy</p> <p>3 neither happy nor unhappy</p> <p>2 unhappy</p> <p>1 very unhappy</p> <p>Original text in Danish: 'Hvor lykkelig er du for tiden?'</p> <p>5 meget lykkelig</p> <p>4 lykkelig</p> <p>3 hverken eller</p> <p>2 ulykkelig</p> <p>1 meget ulykkelig</p>
O-SLu/c/sq/v/5/e	<p>Selfreport on single question:</p> <p>'How satisfied are you with your life now?'</p> <p>5 very satisfied</p> <p>2 satisfied</p> <p>3 neither satisfied nor dissatisfied</p> <p>2 dissatisfied</p> <p>1 very dissatisfied</p> <p>Original text in Danish: 'Hvor tilfreds er du med dit liv for tiden?'</p> <p>5 meget tilfreds</p> <p>4 tilfreds</p> <p>3 hverken tilfreds eller utilfreds</p> <p>2 utilfreds</p> <p>1 meget utilfreds</p>

On the web you will find an overview of valid queries on happiness and an explanation of the classification used. Go to: www.eur.nl/fsw/research/happiness/hap_quer/hqi_fp.htm. This is the introductory text to the Catalog of Happiness Queries.

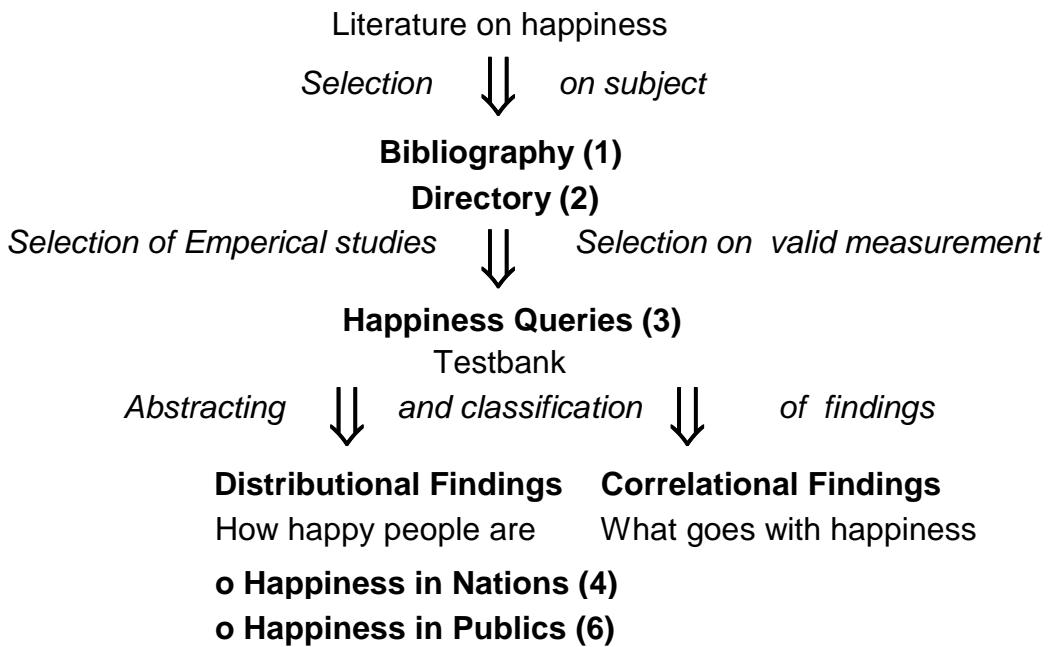
Appendix 2 **Statistics used in reported studies**

Symbol	Explanation
AoV	<p>ANALYSIS of VARIANCE (ANOVA) Type: statistical procedure Measurement level: Correlate(s): nominal, Happiness: metric. In an ANOVA, the total happiness variability, expressed as the sum of squares, is split into two or more parts, each of which is assigned to a source of variability. At least one of those sources is the variability of the correlate, in case there is only one, and always one other is the residual variability, which includes all unspecified influences on the happiness variable. Each sum of squares has its own number of degrees of freedom (df), which sum up to $Ne - 1$ for the total variability. If a sum of squares (SS) is divided by its own number of df, a mean square (MS) is obtained. The ratio of two correctly selected mean squares has an F-distribution under the hypothesis that the corresponding association has a zero-value.</p> <p>NOTE: A significantly high F-value only indicates that, in case of a single correlate, the largest of the c mean values is systematically larger than the smallest one. Conclusions about the other pairs of means require the application of a Multiple Comparisons Procedure (see e.g. BONFERRONI's MULTIPLE COMPARISON TEST, DUNCAN's MULTIPLE RANGE TEST or STUDENT-NEWMAN-KEULS)</p>
Chi ²	<p>CHI-SQUARE Type: test statistic Range: $[0; Ne^*(\min(c,r)-1)]$, where c and r are the number of columns and rows respectively in a cross tabulation of Ne sample elements.</p> <p>Meaning: $\text{Chi}^2 \leq (c-1) * (r-1)$ means: no association $\text{Chi}^2 > (c-1) * (r-1)$ means: strong association</p>
r	<p>PRODUCT-MOMENT CORRELATION COEFFICIENT (Also "Pearson's correlation coefficient" or simply 'correlation coefficient') Type: test statistic. Measurement level: Correlate: metric, Happiness: metric Range: $[-1; +1]$</p> <p>Meaning: $r = 0$ « no correlation , $r = 1$ « perfect correlation, where high correlate values correspond with high happiness values, and $r = -1$ « perfect correlation, where high correlate values correspond with low happiness values.</p>

On the web you will find a text explaining the statistics used in more detail. Go to: www.eur.nl/fsw/research/happiness/hap_cor/cor_fp.htm. This is the introductory text to the Catalog of Correlational Findings. An overview of all statistics is in chapter 4.

Appendix 3: About the World Database of Happiness

The World Database of Happiness is an ongoing register of scientific research on subjective appreciation of life. It brings together findings that are scattered throughout many studies and provides a basis for synthetic analysis. The research literature is processed as follows:



- 1 BIBLIOGRAPHY OF HAPPINESS Presents all contemporary scientific publications. Detailed subject-classification. Current contents: 3422 titles, mainly in English.
- 2 DIRECTORY OF INVESTIGATORS Names and addresses of most authors on the subject. Enumerates years of publication. Current contents: 5818 names and 3073 addresses. Part of Bibliography.
- 3 CATALOG OF HAPPINESS QUERIES (testbank) Presents all indicators that tap happiness as defined here. Current content: 522 measures, mostly single questions. Queries are classified by focus, time reference, mode of observation, rating and wording.
- 4 CATALOG OF HAPPINESS IN NATIONS Presents distributional research findings, in particular responses to questions on happiness in national survey studies. Allows comparison across time and nations. Current content: 1889 surveys in 112 nations, 1946-2000.
- 5 CATALOG OF HAPPINESS IN PUBLICS Distributional findings on happiness in special publics within nations, such as aged people. Current contents: 705 studies. Part of Catalog of Correlational Findings.
- 6 CATALOG OF CORRELATIONAL FINDINGS Presents abstracts of correlational research findings. Detailed subject-classification. Allows comparison through time and across nations. Current contents: 7476 findings from 705 studies in 140 nations, 1911-2000.

Appendix 4 *Further Findings in the World Database of Happiness*

Main Category's	Category Name	Number of Studies in this Category
A 1	ACTIVITY LEVEL (how much one does)	53
A 2	ACTIVITY PATTERN (what one does)	7
A 3	AFFECTIVE LIFE	31
A 4	AGE	279
A 5	AGGRESSION	11
A 6	ANOMY	30
A 7	APPEARANCE (good looks)	8
A 8	ATTITUDES	4
A 9	AUTHORITARIANISM	4
B 3	BODY	66
C 1	CHILDREN 1:	4
C 10	CREATIVENESS	6
C 11	CULTURE (Arts and Sciences)	6
C 2	CHILDREN: WANT FOR (Parental aspirations)	6
C 3	CHILDREN: HAVING (parental status)	145
C 4	CHILDREN's CHARACTERISTICS	19
C 5	CHILDREN: RELATION WITH	8
C 6	CHILDREN: REARING (parental behavior)	11
C 7	COMMUNAL LIVING	1
C 8	CONCERNs	15
C 9	COPING	27
D 1	DAILY JOYS & HASSLES	4
E 1	EDUCATION	243
E 2	EMPLOYMENT	180
E 3	ETHNICITY	63
E 4	EXPRESSIVE BEHAVIOR	10
F 1	FAMILY OF ORIGIN (earlier family for adults, current for young)	195
F 2	FAMILY OF PROCREATION	42
F 3	FAMILY OF RELATIVES	145
F 4	FARMING	30
F 5	FREEDOM	24
F 6	FRIENDSHIP	123
G 1	GENDER	252
G 2	GRIEF	1
H 10	HOPE	3
H 11	HOUSEHOLD: COMPOSITION	90
H 12	HOUSEHOLD: WORK	10
H 13	HOUSING	75
H 2	HANDICAP	13

H 3	HAPPINESS: ATTITUDES	39
H 5	HAPPINESS CAREER	144
H 6	HAPPINESS: CURRENT LEVEL	260
H 8	HEALTH-BEHAVIOR	15
H 9	HELPING	4
I 1	INCOME	415
I 2	INSTITUTIONAL LIVING	28
I 3	INTELLIGENCE	63
I 4	INTERESTS	5
I 5	INTERVIEW	49
I 6	INTIMACY	70
L 1	LANGUAGE	1
L 10	LOCAL ENVIRONMENT	270
L 11	LOTTERY	7
L 12	LOVE-LIFE	26
L 2	LEADERSHIP	8
L 3	LEISURE	128
L 4	LIFE APPRAISALS: OTHER THAN HAPPINESS4	290
L 5	LIFE-CHANGE	26
L 6	LIFE-EVENTS	63
L 7	LIFE-GOALS	52
L 8	LIFE HISTORY	1
L 9	LIFE STYLE	4
M 1	MARRIAGE: MARITAL STATUS CAREER	32
M 10	MIGRATION: MIGRANT WORK	3
M 11	MILITARY LIFE	5
M 12	MODERNITY	5
M 13	MOOD	181
M 2	MARRIAGE: CURRENT MARITAL STATUS	315
M 3	MARRIAGE: RELATIONSHIP	99
M 4	MARRIAGE: PARTNER	34
M 5	MEANING	18
M 6	MEDICAL TREATMENT	49
M 7	MENTAL HEALTH	99
M 8	MIGRATION: OTHER COUNTRY	9
M 9	MIGRATION: MOVING WITHIN COUNTRY (residential mobility)	17
N 1	NATIONALITY	5
N 2	NATION: TIME & PLACE	20
N 3	NATIONAL CHARACTER (modal personality)	2
N 4	NATION'S CONDITION	52
N 6	ATTITUDES TO THE NATION	111
N 7	LIVABILITY OF THE NATION	5
N 8	NUTRITION	18
O 1	OCCUPATION	133

O 2	ORGAN TRANSPLANTATION	11
P 1	PERSONALITY: HISTORY	44
P 10	POSSESSIONS	26
P 12	PROBLEMS	20
P 13	PSYCHO-SOMATIC COMPLAINTS	53
P 2	PERSONALITY: CHANGE	7
P 3	PERSONALITY: CURRENT ORGANIZATION	7
P 4	PERSONALITY: CURRENT TRAITS	392
P 5	PERSONALITY: LATER	23
P 6	PHYSICAL HEALTH	286
P 7	PLANNING	7
P 8	POLITICS	197
P 9	POPULARITY	22
R 1	RELIGION	198
R 2	RESOURCES	8
R 3	RETIREMENT	46
R 4	ROLES	13
S 1	SCHOOL	92
S 10	SOCIAL SUPPORT: RECEIVED	26
S 11	SOCIAL SUPPORT: Provided	3
S 12	SPORTS	32
S 13	STIMULANTS	33
S 14	SUICIDE	4
S 15	SUMMED EFFECTS ON HAPPINESS	71
S 2	SELF-IMAGE	193
S 3	SEX-LIFE	54
S 4	SLEEP	10
S 5	SOCIAL MOBILITY	16
S 6	SOCIAL PARTICIPATION: PERSONAL CONTACTS	50
S 7	SOCIAL PARTICIPATION: VOLUNTARY ASSOCIATIONS	111
S 8	SOCIAL PARTICIPATION: TOTAL (personal + associations)	25
S 9	SOCIAL STATUS (Socio-Economic Status)	140
T 1	TIME	27
T 2	THERAPY	9
T 3	TOLERANCE	37
V 1	VALUE CAREER	8
V 2	VALUES: CURRENT PREFERENCES (own)	49
V 3	VALUES: CLIMATE (current values in environment)	4
V 4	VALUES: SIMILARITY (current fit with others)	5
V 5	VICTIM	11
W 1	WAR	5
W 2	WORK CAREER	1
W 3	WORK CONDITIONS	34
W 4	WORK-ATTITUDES	313

W 5	WORK-PERFORMANCE (current)	6
W 6	WORRIES	27
X	UNCLASSIFIED	22

Appendix 5 *Related Topics*

<i>This Topic</i>	<i>Related Topics</i>
<i>Classification Page 1</i>	<i>In Subject List on Appendix 4</i>
L 9	LIFE STYLE
L 9.1	Life-style career
L 9.1.1	Earlier life-style
L 9.1.1.1	. earlier life-style behavior
L 9.1.1.2	. earlier satisfaction with life-style
L 9.1.2	Change in life-style
L 9.1.4	Later life-style
L 9.2	Current life-style
L 9.2.1	Current life-style pattern (life-style type)
L 9.2.2	Specific life-style aspects
L 9.3	Attitudes to one's life-style

End of Report